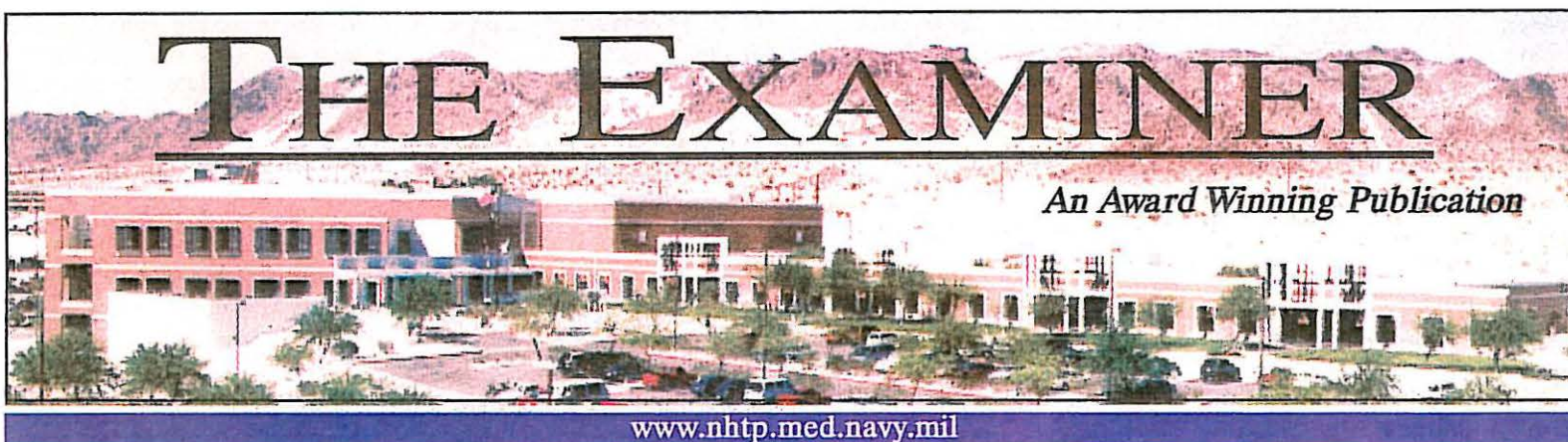


Robert E. Bush
Born October 2, 1926

Naval War College Est.
October 6, 1884

Physicians Assistant Day
October 6th

Halloween
October 31st



www.nhtp.med.navy.mil

Don't Leave TRICARE at Home

By Kristen Ward
TriWest Healthcare Alliance

You worked hard all year, spent time planning your vacation and are now looking forward to some time away from home, whether it be in the mountains, at the beach or overseas.

While you're counting down the days until you leave and crossing off items on your to-do list, don't forget to consider your health care benefits. Sometimes, even the most meticulous planning won't prevent you or your family members from getting the most common illnesses while on vacation; such as sunburn, allergies, fever and motion sickness or accidents that may require a trip to a doctor or hospital.

Here are some items to include on your to-do list before leaving for your destination.

1) Ensure the Defense Enrollment Eligibility Reporting

Continued on page 7

POW/MIA Recognition Day Ceremony



Former Prisoners of War Cmdr. James Bailey, left and Cmdr. James Souder, right, both retired, cut the POW/MIA Recognition cake as Captain Don C.B. Albia, Commanding Officer, Robert E. Bush Naval Hospital looks on. The 2008 POW/MIA Recognition Day Ceremony was held at the Robert E. Bush Naval Hospital's flag pole on September 19. Guests included Brigadier General Charles Gurganus, Commanding General Marine Corps Air Ground Combat Center and Rear Admiral Christine Hunter, Commander, Navy Medicine West. The Honored Guest was Commander James W. Bailey, USN Ret., former POW at the "Hanoi Hilton" for six years. Accompanying Bailey, was his long-time friend, Commander James B. Souder, USN Ret., also a former POW in Vietnam. Guest speaker for the event was Colonel Robert J. Abblitt, Marine Corps Air Ground Combat Center Chief of Staff.

Inside...

Screening for alcohol use is another article in the "no free lunch" series and is aimed at helping both you as a patient and the hospital staff as providers take better care of you and to also maximize hospital resources.

page 2

College-bound dependents of active duty or retired service members can take comfort that their TRICARE coverage will make the journey with them, at home or away.

page 3

Although we have all heard tips to stay safe during Halloween, you can never have enough reminders!

page 3

Superstars

page 4

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Why is alcohol screening important to me or my provider?

By Martha Hunt, MA, Health Promotion Programs
Robert E Bush Naval Hospital

Screening for alcohol use is another article in the "no free lunch" series and is aimed at helping both you as a patient and the hospital staff as providers take better care of you and to also maximize hospital resources.

One of the measures that the hospital may be graded on (i.e. our budget is based on) in the future is screening for alcohol use and making proper referral to counseling when needed.

Why is alcohol use important to Navy Medicine? Alcohol related health care is the leading drain on the DoD health care system for active duty military. This does not include family members, retirees or the VA sys-

tem. The DoD spends over \$1 billion every year on alcohol related health care in the active duty population.

Even drinking a small amount of alcohol can impair judgment, coordination, and reaction time. It can increase the risk of work and household accidents, including falls and hip fractures. It also adds to the risk of car crashes.

Heavy drinking over time also can cause certain cancers, liver cirrhosis, immune system disorders, and brain damage. People who abuse alcohol also may be putting themselves at risk for serious conflicts with family, friends, and coworkers. The more heavily they drink, the

greater the chance for trouble at home, at work, with friends, and even with strangers.

If you think you may have an alcohol problem, talk to your provider who can help you access treatment options. Alcoholism can be treated.

Alcoholism treatment programs use both counseling and medications to help a person stop drinking. With support, many people are able to stop drinking and rebuild their lives.

If you or a loved one answers 'yes' to any of these questions, you should seek help to determine if you have a drinking problem.

1. Have you ever felt you should cut down on your drinking?

2. Have people annoyed you by criticizing your drinking?

3. Have you ever felt bad or guilty about your drinking?

4. Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

How can you help a loved one?

1. Raise the subject with them when they are sober and offer help.

2. Explain the risks to their health.

3. Don't be brushed off if they deny the problem.

4. Remember that alcohol abuse is a disease, so don't blame them for it. 5. Don't wait until it's too late and the damage to their lives is too great to treat.

6. Don't neglect your own needs. Seek counseling for yourself to help you deal with the stress caused by another's drinking.

So why does your provider ask you if you are an alcohol user and if you are ready to quit? For two reasons: you and your family's health and well being and for the health of the hospital's finances. When the hospital asks you if you are an alcohol user and when we encourage you to quit, Navy Medicine sees this and knows we are doing a good job in providing you with preventive health care. The hospital is then rewarded with funds and staff to offer more services as a whole to our MCAGCC community.

Why is Weight Control Important to Me or my Provider?

By Martha Hunt, MA, Health Promotion Programs
Robert E. Bush Naval Hospital

Screening for weight control is another article in the "no free lunch" series and is aimed at helping both you as a patient and the hospital staff as providers take better care of you and to also maximize hospital resources. The DoD Health care system has identified the top three drains on the health care system as alcohol, tobacco and obesity -- collectively known as "TOBESAHOL." The combined impact of these health concerns totals over \$2.5 Billion of the total TRICARE budget.

At the moment, the hospital budget is not based on whether you are screened for proper weight or not, but since obesity is second only to tobacco use as the greatest preventable cause of death and disability in the U.S., it is safe to assume that obesity rates at the MTF will at some point be measured and used to calculate our budget.

Weighing too much may increase your risk for developing many health problems. If you are overweight or obese, you may be at risk for: Type 2 diabetes, Coronary heart disease and stroke, Metabolic syndrome, certain types of cancer, sleep apnea, osteoarthritis, gall-bladder disease, fatty liver disease and pregnancy complications.

Metabolic syndrome is defined as: a group of risk factors linked to overweight and obesity that increase your chance for heart disease and other health problems such as diabetes and stroke. A person can develop any one of these risk factors by itself, but they tend to occur together. Metabolic syndrome is diagnosed when a person has at least three of these heart disease risk factors:

* A large waistline. This is also called abdominal obesity or "having an apple shaped body."

* A higher than normal triglyceride level in the blood (or you're on medicine to treat high triglycerides). Triglycerides are a type of fat found in the blood.

* A lower than normal level of HDL cholesterol (high-density lipoprotein cholesterol) in the blood (or you're on medicine to treat low HDL).

* Higher than normal blood pressure (or you're on medicine to treat

Continued on page 7

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Commanding Officer

Captain Don Cenon B. Albia, MSC, USN

Executive Officer

Captain Bruce Laverty, MC, USN

Command Master Chief

HCMC (FMF) Kevin Hughes, USN

Public Affairs Officer/Editor

Dan Barber

Public Affairs Assistant

SK1 Kimberly Blain-Sweet

Command Ombudsman

Lacy Richey

Care Line 830-2716

Cell Phone (760) 910-2050

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How to reach us...

Commanding Officer Naval Hospital
Public Affairs Office
Box 788250 MAGTFTC
Twentynine Palms, CA 92278-8250
Com: (760) 830-2362
DSN: 230-2362
FAX: (760) 830-2385
E-mail: d.barber@nhp.med.navy.mil
Hi-Desert Publishing Company
56445 Twentynine Palms Highway
Yucca Valley, CA 92284
Com: (760) 365-3315
FAX: (760) 365-8686



Health Care U - TRICARE Coverage For Your College-bound Child

By Brian P. Smith
TriWest Healthcare Alliance

College-bound dependents of active duty or retired service members can take comfort that their TRICARE coverage will make the journey with them, at home or away. For many students, this will be the first time away from home and may be the first time they have to manage their own health care decisions.

The Centers for Disease Control and Prevention (CDC) estimates that nearly 30 percent of college-age young adults have no health insurance. Fortunately for TRICARE-eligible families, full-time students remain covered up to their 23rd birthday.

Coverage can extend past the 21st birthday

Family members usually lose eligibility for TRICARE benefits at the age of 21. However, children attending college can extend their TRICARE benefits until age 23 if the following three conditions are met:

More than 50 percent of the student's financial support is provided by the sponsor

The student remains enrolled full-time at an accredited institution

Documentation for the above is provided to a uniformed services ID card-issuing facility prior to the child's 21st birthday.

Keep your child eligible

One important step to keeping your child eligible, no matter their age, is to make sure their address and personal information is always updated in the Defense Enrollment Eligibility Reporting System (DEERS). An up-to-date record may help prevent delays or denials of claims if your child changes location. Your child should also have a valid uniformed service ID card that shows TRICARE eligibility. You can find information about updating DEERS and finding a local ID card-issuing facility at www.tricare.mil/deers.

Location, location, location

TRICARE-eligible children staying close to home can use TRICARE as usual. But if your child is moving away from

home, the TRICARE program they had been using may not be available in their new location.

Eligible students can use TRICARE Prime benefits in TRICARE Prime Service Areas (usually near a military treatment facility or other designated areas). Students using TRICARE Prime will have a local primary care manager (PCM) and will access their care through the PCM. TriWest Healthcare Alliance has information for those beneficiaries who move and might have questions about Prime availability, changing their PCM or updating their contact information online at www.triwest.com or by calling 1-888-TRIWEST (874-9378).

Outside of areas with Prime coverage, TRICARE Standard and Extra will be the only programs available for your child living away from home. Your student will be able to access care from TRICARE-authorized or network providers and is not required to enroll for Standard and Extra coverage. However, if your child previously had Prime coverage, he will have to disenroll from Prime (visit www.triwest.com to download a disenrollment form).

Don't pay two enrollment fees!

Split enrollment allows a student with Prime coverage to live in a different TRICARE region than their sponsor while the family pays only one annual Prime enrollment fee (if applicable). Contact the TRICARE contractor in your family's home region and the contractor in your child's new TRICARE region to set up the split enrollment.



ment.

On the road

When your child travels or returns home, TRICARE coverage follows. Students with Prime coverage will have to coordinate non-emergency care with the student's PCM. For long stays (over 30 days) outside of their home region, enrollment can easily be transferred over to the new regional contractor. Students with TRICARE Standard and Extra cov-

erage will still be responsible for applicable deductibles, cost-shares and, in most cases, completing/filing the claim paperwork while out of their home region.

Other health insurance

TRICARE benefits pay second to any other health insurance (OHI), including student-specific health plans or employer-sponsored health insurance. Visit

www.triwest.com for information on how to keep your OHI information current.

For students in, or moving out of TRICARE's 21-state West Region, TriWest has the information to help you manage your benefits at www.triwest.com. For tips on managing your overall health, visit the Healthy Living Portal at www.triwest.com.

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Super Stars...



HMC Robert Albach, Preventive Medicine, receives a Letter of Appreciation.



HM3 Rachel Cantarini, Orthopedics Clinic, receives her second Good Conduct Award and a Letter of Appreciation.



Liana Demetrulias, spouse of HM2 Demetrulias, receives a Letter of Appreciation for her work on the command's Spring Fair.



HM3 Ashley Groke, Emergency Medicine, receives a Letter of Appreciation.



Captain Anne Lear, Director Medical Services, Receives a Meritorious Service Medal (gold star in lieu of Second Award).



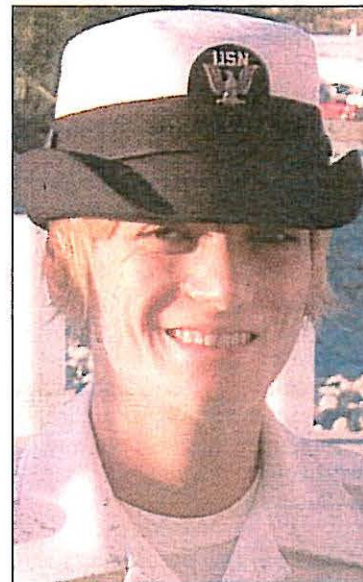
CS1 Jose Amador, Nutrition Services, receives a Letter of Appreciation.



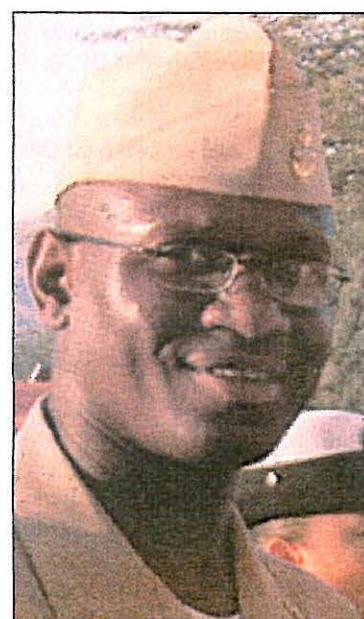
IT2 James Davis, Information Management Department, receives a Letter of Appreciation.



HN David Elizardo, Pediatrics Clinic, receives a Letter of Appreciation



HM3 Sheena Hayes, Surgical Suite, receives a Letter of Appreciation.



HMCS Leroy James, Senior Enlisted Advisor for Nursing Services Directorate, receives a Letter of Appreciation.



HM3 Sarah Bremmer, Emergency Medicine, receives a Navy and Marine Corps Achievement Medal and a Letter of Appreciation.



HM2 Christopher Demetrulias, Command Career Councilor, receives a second award of the Navy and Marine Corps Achievement Medal.



Lt.j.g. Leah Granson, Department Head, Staff Education and Training, receives a Letter of Appreciation.



Lt. Michael Guy, Multi-Service Ward, receives a Navy and Marine Corps Achievement Medal.



HM1 Daniel Magee, Preventive Medicine, receives a Letter of Appreciation.



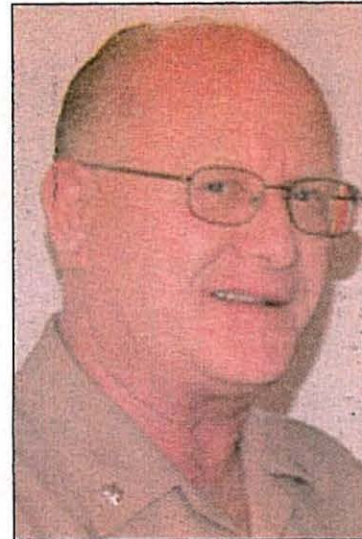
HM3 Arnel Mongosing, Laboratory, receives a Second Good Conduct Award.



HN Sarah Miller, Pediatrics, receives a Letter of Appreciation.



HM3 Sarilyn Ogumora, Surgical Suite, receives a Letter of Appreciation



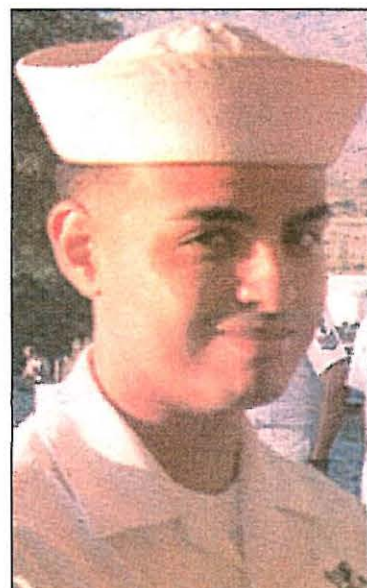
Cmdr. Stanley Raczek, TAD to Mental Health Department receives a Navy and Marine Corps Commendation Medal.



HN Nicolas Rudy, Emergency Medicine Department, receives a Letter of Appreciation.



HN Marc Maxwell, Emergency Medicine Department, receives his first Good Conduct Award.



HM3 Adam Mora, Multi-Service Ward, receives a Letter of Commendation.



HM2 Joven Pimental, Radiology, receives a Letter of Commendation.



HN Tristan Reeb, Surgical Suite, receives a Letter of Commendation.



HM3 Julius Sagun, Pharmacy, receives a Letter of Appreciation.



HMC Gil McGillivray, Materials Management Department, receives his fifth Good Conduct Award.



HM3 Erica Murphy, Maternal Infant Nursing Department, receives a Letter of Appreciation.



HM1 Eme Praska, Preventive Medicine Department, receives a Letter of Appreciation

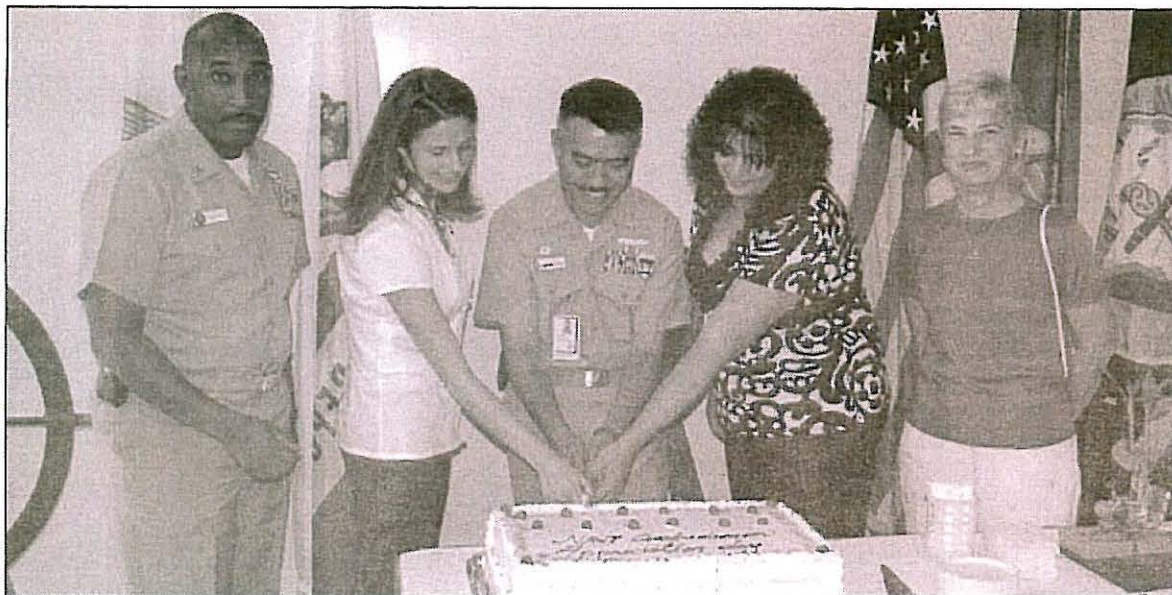


HM2 Ruby Roberts, Bio-Med Repair, receives a Letter of Commendation.



IT2 Chad Schisler, Information Management Department, receives a Letter of Appreciation.

Continued on page 6



Above, the Command Ombudsmen, Mrs. Richey, left, and Mrs. Hooper, right, help Captain Don C. B. Albia cut the traditional cake during the recent Ombudsmen Appreciation Day as the Command Master Chief, HMCM (FMF) Kevin Hughes and Mrs. Albia, far right, look on.

Ombudsman Corner

Halloween Tips and Treats

Although we have all heard tips to stay safe during Halloween, you can never have enough reminders!

If you have never experienced "Trick or Treat" on base, you are in for a crowd! Check the Observation Post, Information Posters, the sign at the Main Exchange and the MCCC website for the most up to date information on times, if it will be an open or closed gate event, and if there are any safety requirements.

The Red Cross provides safety tips for children on their website (<http://www.redcross.org/services/hss/tips/October/octtips.html>) and includes the following:

- * Use the sidewalk
- * Look both ways before

crossing

- * Cross only at corners not between parked cars
- * Wear reflective-type clothes and add reflectors to any props you carry
- * Plan your route and have an adult come along
- * Carry a flashlight
- * Keep away from open flames
- * Visit homes with porch lights on, NEVER go inside to accept treats!
- * Use face paint instead of masks
- * Have grown-up inspect candy before eating!

Adults should remember:

- * Feed your children a good meal before they go Trick or Treating
- * Explain the difference between "tricks" and vandalism
- * Know the route and who will be with them, make sure an adult or responsible teenager is

in the group

- * Set a time for children to be home or to meet you
- * Review basic road safety just to make sure they know how to cross the street and when.



HM2 Christopher White, Physical Therapy, receives a Letter of Commendation.

Super Stars...



HM3 Erica Somerville, Multi-Service Ward, receives a Letter of Appreciation.



HM2 Cody Thornton, Laboratory, receives a Letter of Commendation.



HM1 David Toston, Preventive Medicine, receives a Letter of Commendation and a Letter of Appreciation.



HN Christian Vencenzio, Maternal Infant Nursing Department, receives a Letter of Appreciation.



Lt. Michelle Westcott, Maternal Infant Nursing Department, receives a Letter of Appreciation.

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Don't Leave TRICARE at Home...

Continued from page 1

System (DEERS) records are up-to-date in case you need care on the road. Update your family's information in DEERS by:

- * Logging onto the DEERS Web site at <https://www.dmdc.osd.mil/appj/address/indexAction.do>

- * Calling 1-800-538-9552

- * Visiting an ID card issuing facility (locations at www.dmdc.osd.mil)

- * Faxing changes to 1-831-655-8317

- * Mailing changes to: Defense Manpower Data Center Support Office Attn: COA 400 Gigling Road Seaside, CA 93955-6771

- 2) Visit your physician for routine care before you leave, including general office visits

for treatment and ongoing care. Care must be received at your assigned military treatment facility (MTF) or primary care manager's (PCM) office.

- 3) Pack the prescription medicines you take every day, making sure you have enough to last during your trip. Keep them in their original prescription bottles and always in your carry-on luggage. If you need a refill before you leave, the most cost-effective way is to visit the on-base pharmacy.

A second option is to use the TRICARE Mail Order Pharmacy (TMOP) program. Not only is there considerable cost savings (up to 66 percent), but you can also save yourself a trip to the pharmacy. TMOP offers up to a 90-day supply of

medication for the same copayment as a 30-day supply from a retail pharmacy. Your TMOP prescription will be delivered straight to your mailbox.

- 4) Pack TRICARE Prime cards, military or uniformed services ID cards and important contact information.

- 5) Research locations of emergency and urgent care facilities. If you need to visit, understand the emergency and urgent care guidelines. Urgent care procedures vary by location. Contact the TRICARE Service Center (TSC) before receiving care to learn how to avoid out-of-pocket

costs. If you can't visit a TSC call 1-888-TriWest as they can answer questions 24 hours a day.)

- 6) If you experience an emergency while traveling, emergency care does not require prior authorization before treatment, so:

- * Seek emergency care immediately at the nearest hospital.

- * TRICARE Prime beneficiaries should notify your PCM and TriWest within 24 hours or by the next business day of any emergency room visit or admission (The patient should contact their PCM whether the ER visit

was inpatient or outpatient) to avoid higher out-of-pocket costs. Contact TriWest at 1-888-TRIWEST (874-9378).

Hopefully, your vacation will be incident free. However, knowing about your benefits will give you peace of mind in case of any health care emergencies during your vacation.

Why is Weight Control Important...

Continued from page 2

high blood pressure).

- * Higher than normal fasting blood sugar (glucose) (or you're on medicine to treat high blood sugar). Mildly high blood sugar can be an early warning sign of diabetes.

And if you think tobacco use helps to keep you thin, think again! Tobacco puts you at a higher risk of obesity and Metabolic Syndrome as it makes you crave starch and fat creating a large waistline. Tobacco raises your triglyceride levels and lowers your HDL level. Tobacco use also raises your blood pressure. Finally tobacco users are at double the risk of developing diabetes when compared to a non-tobacco user as nicotine both raises your blood sugar levels and blocks the release of insulin to bring your blood sugar back into normal range.

It has also been shown that diets high in meat, fried food and diet sodas lead to the development

of metabolic syndrome. People who suffer high levels of stress are twice as likely to develop metabolic syndrome.

So why is your provider mean to you and make you get on a that scale? For two reasons: your health and wellbeing and for the health of the hospital's finances. When the hospital records your weight and offers services to help you lose weight, then Navy Medicine sees this and knows we are doing a good job in providing you with preventive health care. The hospital is then rewarded with funds and staff to offer more services as a whole to our MCAGCC community.

You may be able to lower your health risks by losing weight, doing regular physical activity, and eating healthy. For help maintaining a healthy weight, contact the registered dietitian at 830-2274. For help with fitness and exercise programs, call the West Gym at 830-6451 or the East Gym at 830-6440.

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HN Leo Cedeno, Branch Health Clinic China Lake, Primary Care Clinic, receives a Navy and Marine Corps Achievement Medal as a convoy Corpsman, from Cmdr. Dan Dwyer, Commanding Officer of PRT Asadabad, Iraq.

Reenlistments...



CS1 Anthony Hooper, recently took the oath at his reenlistment ceremony in front of the hospital.

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CS2 Leomar Claveria, Nutrition Management, takes the oath during his recent reenlistment ceremony held in the Galley.